

# ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

JUNE 2010

**Erin R. Graziani – Director**  
**Jean Baseel – Assistant**

**Ellington Senior Center**  
**16 Church Street – P.O. Box 187**  
**Ellington, CT 06029**

**Receptionist** – MaryAnne Mandell,  
Carole Quarrington

**TELEPHONE NUMBER**  
**(860) 870 – 3133**

**Transportation Program Secretaries:**  
Florence Brennan, Susan Shepard

**TRANSPORTATION**  
**(860) 870 – 3137**

**Van Drivers:** Peggy Anderson, Mike Joslin  
& Kathy Sherokow

**To Access The Town Crier News &  
Calendar On The Town's Website:**

[www.ellington-ct.gov](http://www.ellington-ct.gov)

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

**Senior Center Hours:**

Monday: 8:30 a.m. – 6:00 p.m.

Tues – Thurs: 8:30 a.m. – 4:00 p.m.

Friday: 8:30 a.m. – 1:30 p.m.

We are moving into the summer months Bocce Ball begins at Snipsic Village every Tuesday morning beginning June 1<sup>st</sup> at 10:30am. Contact person is Libby McCarthy. We would like to thank the Eagle Scouts for preparing the Bocce court and our Public Works Department for supplying the stone dust for everyone to enjoy.

The Senior Center is a sight that will be taking food orders for *Angel Food Ministries*. Order forms are available at the Senior Center. All orders must be given to me by the first Wednesday of the month. This is a great economical food package geared for 1-2 people or families, for more information see me.

I would also like to remind everyone that the television that use to be in the main room of the Senior Center, is now conveniently located in the Billiards Room for your continued use and viewing.

We had a delightful Volunteers Breakfast. I sincerely thank each and everyone for all their time in making the Senior Center a fun place to come to!

*Erin*

**ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW**  
**31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131**

### **TRIAD SENIOR SAFETY NEWS**

**TRIAD Senior Safety Program & ICE CREAM SOCIAL**-- June 3rd from 1pm to 3pm at the Ellington Senior Center. This year's program will have State Representative Ted Graziani & Sgt. William Konieczny of the Town of Ellington; speak on the new "Silver Alert" program. State of CT Department of Consumer Affairs Commissioner Jerry Farrell will speak on the proper disposal of medications; and Town of Ellington Emergency Management Director, Don Davis, will speak on new issues in our community. Ice cream generously donated by Dari Farms!! Sign up to attend this program at the Senior Center or by calling (860)-870-3133.

**Long Term Care Policy: Understanding your Benefits:** June 16<sup>th</sup> at 6pm at the Ellington Senior Center. David Guttchen from the State of CT Office of Policy & Management will discuss policy activation. This program is for people who have a long term care policy & want to understand how to activate their benefits. Please bring your Long Term Care Policy with you so that you can follow the discussion, read the terminology, & ask questions related to activating your policy. A light supper will be served at 6pm & David will speak at 6:30pm. **You must RSVP by June 10 by calling Anna Turner at 860-870-3131.**

### **OTHER INFORMATION:**

**Do you need affordable, used medical equipment?** Contact the New England Assistive Technology Store (NEAT) at (860)243-2869 & ask for Don regarding reconditioned wheelchairs, scooters, stair glide systems, and other items.

**HEAR NOW** is a national non-profit program committed to assisting people who are deaf or hard of hearing and have no other resources to acquire hearing aids. They also accept used hearing aids that can be reconditioned and given out to needy persons with hearing deficits. Contact HEAR NOW for more details 1-800-328-8602.

**June is Aphasia Awareness Month-** Aphasia is an acquired communication disorder that impairs a person's ability to process language but does not affect intelligence. Aphasia impairs the ability to speak & understand others & most people with aphasia experience difficulty reading & writing. For more details contact The National Aphasia Association at [naa@aphasia.org](mailto:naa@aphasia.org) or call 1-800-922-4622.

**National "Take a Kid Fishing" weekend is June 11 - 13!!**— This is a great opportunity to teach a child the fundamentals of fishing & share your knowledge & fun of the sport. Consider sharing your time & talents with your grandchildren, nieces or nephews and have fun fishing together!!

**Ellington Senior Center**  
**Transportation Department**

**Reminder:** Calls for transportation request are **only** to be made through calling the transportation phone number at the Ellington Senior Center (**860-870-3137**); between the hours of (**9am-12pm**).  
(**New time frame**)!



**ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)**

(EMAT) is a transportation services for non-emergency medical appointments for Ellington residents. The program is funded, in part, by the Older Americans Act through the North Central Area Agency on Aging. **Please note:** EMAT appointments are offered Monday – Friday between the hours of 9:00 am – 1:30 p.m. (the last appointment time of the day). **All EMAT appointments have to have 14 days prior notice into our Transportation Department.** Please check the calendar for holiday closings. \*\$2.00 donation fee suggested per each trip.

**VAN TRANSPORTATION**

Regular van service includes rides to the Senior Center, shopping, “Out to Lunch” program and occasional evening events. Please request your transportation “packet” by calling the Transportation Line at 860-870 – 3137 between the hours of 9:00am – 1:00pm. 1 week notice is required. ***ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.*** \* \$25.00 is suggested as an annual donation for transportation.

**ANGEL FOOD MINISTRIES** – Angel Food Ministries is a program run by the Cornerstone Kitchen in Rockville, CT. Joanne Fournier is working in conjunction with Erin Graziani in the ordering of these single serving prepared frozen meals. Individuals pick their orders up (1x) per month. Contact Erin Graziani at the senior center for further information pertaining to this program.

**BALLROOM & POLKA SOCIAL** – Ballroom dance is taught on Fridays at (1:00pm); Polka follows at (2:30pm). **Ballroom and Polka dance classes ended on May 21, 2010 for summer break. Dance classes will resume after Columbus Day weekend in October with a beginner class, followed with a regular Ballroom class at 1pm-2:30pm. Then a fun class from 2:30pm-3:00pm. This will be further explained in the September newsletter.**

**BETTER AGE CLUB** - Held the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month at (1pm).

June 10, 2010      \*Business Meeting. Entertainer, John Fluckinger will talk of his experiences during Iwo Jima of WWII

August 12, 2010      Picnic at the Ellington Senior Center – Secretary and Treasurer will provide beverage and dessert. Bring a hot/cold dish plus place setting.

**BOCCE BALL**- is played every Tuesday morning during the summer months at 10:30am at Snipsic Village

## CARDS AND GAMES:

**Bocce Ball:** Tuesdays @ 10:30am. See Libby McCarthy

**Bridge:** Tuesdays @ 9:00am. See Pat Szemplinski or Rosemary Malatesta

**Canasta – “King’s Row”:** Join Barbara Donohue and friends Thursday’s at 1:00pm.

**Dominos:** First Tuesday of the month at 1:00pm.; come join the fun!

**Evening Cards: (Setback):** Tuesdays and Saturdays at 7:00pm. See Bob Karlowicz or Carl Larson

**Mahjongg:** Every Friday at 10:00am. See Barbara Donahue

**Shuffleboard:** Wednesdays @ 2:00pm. Main room of the Senior Center

**Wii Games:** Last Wednesday of the month 12:00pm. Main room of the Senior Center

**GARDEN THYME:** Garden Thyme is in bloom and meets every Monday at 9am at the Senior Center. Under the guidance of our Master Gardner, Marilyn Shirley, they beautifully tend to our flower and vegetable gardens.

**LINE DANCING:** Line dancing is held Monday afternoons. Regular line dancing classes are held from 1:30pm – 2:45pm. **Line dancing will continue to be held throughout the summer with the help from others.** *\*Beginning line dance classes will resume the Monday after Columbus weekend at 1:00pm.*

### **HEALTH & WELLNESS NEWS:**

**Blood Pressure Clinics & Diabetic Screenings** – Blood Pressure clinic and Diabetic screenings are held the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 1:30pm. – 3:00pm. Our nurses are committed to being helpful and listening to you and your concerns. There is no charge for these services. Van service is available.

**Exercise Class** – Exercise class is held every Monday from 9:00am – 10:00am. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor Alcyone Brennan welcomes all to her class. Van service is available.

**Podiatry Clinic** – Held at the Senior Center the first Wednesday of every month at 9:00a.m. **\*Cost is \$28.00.** Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, June 5, 2010.

**\* Call Rita directly to schedule your appointment.** She can be reached at (860-742-1102). The Senior Center does not schedule these appointments. Van service is available.

**Tai Chi Classes** – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30am – 11:30am (beginner's class); and 11:30am – 12:30pm (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

**MEMORIES & CREATIVE WRITING** – is held in the main room of the Senior Center every third Thursday of the month at 1pm. June's meeting will be held as scheduled on June 17, 2010 (1pm). **Note:** A special Memories & Creative Writing program will also be held on Saturday, June 26, 2010 at 2pm. Special readings and refreshments will be honored on behalf of Sylvia Kravitz, the founder of Memories & Creative Writing. Sign-up is welcomed. Open to the public.

**MUSICAL INSIGHTS:** Musical Insights meets the 2<sup>nd</sup> and 4<sup>th</sup> Monday evening of the month. Musical Insights is held from 6:00pm – 8:00pm at the Ellington Senior Center. Our June programs are as follow:

June 14, 2010                      Ballet Program featuring Sarah Clarke. Sign-up is requested.

June 28, 2010                      Presentation by Mary Regan. Sign-up is requested.

*\*A note from Pat Stoughton, Musical Insights will be on vacation during the months of July and August. We look forward to seeing you in September.*

**MOVIE TIME:** What a wonderful way to spend an afternoon. Movie Time is held the last Tuesday of the month at (1pm). Barbara Donohue & Carole Quarrington graciously head this activity for us. Feel free to bring a bag lunch with you. We will supply the popcorn and beverage. June's movie is Mrs. Doubtfire, starring Robin Williams. Come join us!

**OUT TO LUNCH:** "Out To Lunch" is held the first Tuesday of the month at (1pm). Come join us as we frequent local restaurants in the area. Sign-up is required. Van service is available.

**June 1, 2010:** Frankie's Firehouse Restaurant, Somers, CT

**July 6, 2010:** Vernon Dinner, Vernon, CT

**JUNE PROGRAMS:**

**(All programs require a sign-up. Call the Senior Center at (860)870-3133)**

**TRIAD ICE CREAM SOCIAL** – Thursday, June 3, 2010 (1pm). State Representative, Ted Graziani and Sgt. William Konieczny will speak on the new "Silver Alert" program. Town of Ellington Emergency Management Director, Don Davis, will speak on new issues in our community and State of Connecticut Department of Consumer Affairs Commissioner Jerry Farrell will speak on the proper disposal of medications. Ice cream is generously donated by Dari Farms!

**PARKINSON SUPPORT GROUP** – Meets at the Ellington Senior Center the 3<sup>rd</sup> Friday of every month at (10am). Join us for support, conversation, education and refreshments! For more information contact Anna Turner at (860)870-3131. June's meeting is to be held on Friday, June 18, 2010.

**LONG TERM CARE POLICY** – Wednesday, June 16, 2010 (6pm – 7:30pm). David Guttchen from the State of CT, Office of Policy & Management, will discuss policy activation. This program is for people who have a long term care policy and want to understand how to activate their benefits. Bring your Long Term Care Policy with you so that you can follow the discussion, read the terminology, and ask questions related to activating your policy. A light supper will be served at 6:00pm. Presentation will begin at 6:30pm. Registration for this program was through Anna Turner, MSW – Town of Ellington Elderly Outreach Social Worker.

**SEW & SO/CRAFTS:** Meets every Thursday morning at (9:30am) in the main room of the Senior Center.

**SHUFFLEBOARD:** Every Wednesday at (2pm). Shuffleboard is played in the main room of the Senior Center. This is a very active and fun group of people. Van service is available.

**TRIPS:** Our new Trip Coordinator, Ann Harford, has been listening to the results of the trip survey.

June 20, 2010      Lunch/tribute to Tony Bennett via the Warner Theater in Torrington, CT. Cost of this event is \$77.00 per person. This includes transportation via Post Road Tour motor coach, a sit down lunch at the Yankee Pedlar Inn, and all taxes and gratuities including the driver. Departure time is (10am) from the Ellington Town Hall. Return approximately (5pm).

July 7, 2010      Bistro and Theater by the Sea, Matunuck, RI. Enjoy the quaint scenery and a nice sit down lunch at (12pm). From there, a theater performance of Hello Dolly (2pm) at the Theater by the Sea. Cost of this trip is \$92.00 per person. This includes round trip transportation, a sit down lunch, and Hello Dolly performance. All taxes and gratuities are included. Contact the Ellington Senior Center for additional information.

**VETERAN CONTACTS:**

**VFW** – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at (860)875-2613

**AMERICAN LEGION** – Alan Lewandosky – Post Commander; Leonard Johnson – Services Officer at 872-7287

**VETERAN'S AFFAIRS** – State Representative – Ted C. Graziani at (860)240-8531

Live simply,



Love generously,

Care deeply,

Speak kindly